CALORIE CONTROL

THE PRIMULA GUIDE TO GOOD EATING AND HEALTHY LIVING FOR ALL THE FAMILY

PREPARED BY
NUTRITIONISTS OF INTERNATIONAL REPUTE

WELLCOME LIBRARY
pam
QU 145
1955*
K22c

"People always have known they must eat to live —children to grow normally and adults to keep strong. But food can do more than satisfy physiological hunger and psychological and social values. Modern science shows that all of us, regardless of purse, can add years to our life and life to our years if we apply knowledge about nutrition to our selection and use of food"

Dr. Hazel K. Stiebeling.

22501477470

PRINTED BY THE METAL BOX COMPANY LIMITED, SOUTHWARK, S.E.1.

SOUND EATING
adds
"YEARS TO OUR LIFE"
and
"LIFE TO OUR YEARS"

Much is written nowadays on the subject of planned eating — weight control — what is good or not good for us. Such planning is the foundation of sound bodies and good health that follows from it. But why think so much about diet?

Firstly, during the last decade we have learned a great deal about the importance of a varied diet; the nutrients we need; and the undesirability of eating too much of the high calorie items, namely carbohydrates and fats. We now know that the right food in the right amounts can make an immense contribution to a healthy, happy and vigorous life.

Secondly, in the last few decades the pattern of living has changed greatly — mechanical aids have replaced arduous manual effort, the car and public transport have taken the drudgery out of shopping and the daily trek to work. Many active recreations have been replaced by passive ones such as the cinema and T.V., while factories and homes are heated more effectively. All these changes mean that the body needs less fuel than before. Unfortunately, man's eating habits were evolved some time ago and our stomachs may still crave for more fuel than is required now.

The simple answer is to eat less but we must be careful not to go short of essential protein, minerals and vitamins and this means some conscious planning to meet our dietary needs.

Food rich in protein, minerals and vitamins is essential — during growth to make sound bones and strong muscles,—for adults to make good the daily wear and tear of the body tissues,— to supply the energy for the vital processes of life and bodily vigour,— to provide

the fuel the body burns in supplying muscle power for work and other activities. This energy — "calories" — is supplied largely by the carbohydrates and fats, the main fuels provided in our diet. Fat is more concentrated and supplies twice as many calories as carbohydrate. Surplus fuel is stockpiled in fat, the most energy-rich form. No sensible person wishes to be over-burdened with unnecessarily large reserves of fuel — especially beneath the waist band!

Protein, mineral and vitamin requirements remain much the same throughout adult life irrespective of whether we are active or sedentary, need much food or a light diet. Consequently, to trim diet to our calorie needs, we should alter our dietary pattern and cut down on such concentrated sources of energy as sugar, confections, very starchy foods, fats and fatty foods. The foods to retain, and eat extra if need be, are those rich in protein — meat, poultry, eggs and milk — those rich in certain minerals and vitamins — greens and fruit and those prepared from cereal grains which provide the balance of our calories as well as contributing some protein and certain minerals and vitamins. Foods which provide bulk also help in satisfying the sometimes unreasonable demands of the stomach.

However, nobody wants to consider the suitability of one's food all the time. Eating should have pleasurable associations, whether it be a party meal, picnic or snack, giving zest to life, edge to appetite and perfection to digestion.

This booklet has been prepared with just this in mind — to help you plan adequate and pleasurable meals without the constant need to dwell on nutritional details or to be unduly concerned with calories.

THE BASIS OF SOUND EATING

Daily meal planning ensures an adequate intake of all essential nutrients for every member of the family. Different types of food contain various amounts of these nutrients so it is important to know what to select and how much. Follow this simple plan. The various foods are divided into four groups from each of which select the adequate quantity for meals and snacks every day.

The Four Groups

1.	Milk and Dairy Products	For protein, vitamins and some minerals.
2.	Meats, Fish, Poultry, Eggs	
3.	Vegetables and Fruit	Other vitamins and minerals.
4.	Bread and Cereals	Mainly carbohydrates, but some proteins, B vitamins and minerals.

The correct amount of food from each group is divided for convenience into portions or "servings". The size of a serving constitutes a domestic measure and an adequate helping. This plan can be used to prepare any variety of meals and snacks to suit all appetites and tastes.

Group 1. MILK AND DAIRY PRODUCTS

These may be liquid milk or milk beverages, cheese, ice cream, milk puddings, egg custard or other dairy products.

One glass of milk is approximately equivalent in calorific value to:

CHEESE	— 1½ oz.
SOFT CHEESE SPREAD	— 2 oz.
BUTTER	— ¾ oz.
DAIRY ICE CREAM	— 4 medium size tubs.
EVAPORATED MILK	— ½ glass.

YOGHOURT, JUNKET, MILK PUDDING, EGG CUSTARD
equal to a similar measure of Milk.

Group 2. MEAT, FISH, POULTRY, EGGS.

Minimum daily servings — 2; one serving **must** be of meat, fish, poultry or eggs, but the other or additional serving may be:

(*a*) Baked Beans or similar dish with or without a smaller helping of meat.

(*b*) Cheese or a Cheese dish.

The Medium serving — 3 oz. cooked lean meat, without bone, is approximately equivalent to:

Fish — filleted or canned	— 3 oz.
Poultry — boneless	— 3 oz.
Eggs	— 3
Baked or Boiled Beans	— 1 Breakfast cup (8 oz.)
Cheese Spread	— 2 oz.

SHOPPING GUIDE.

	Amount to buy per Medium Serving.
MEAT.	
With much bone and gristle (Shank)	$\frac{3}{4}$ lb.
With medium amount of bone (chops)	Approx. $\frac{1}{2}$ lb.
With little bone (joints)	Just over $\frac{1}{4}$ lb.
With no bone (steaks)	Not more than $\frac{1}{4}$ lb.
POULTRY (Dressed)	
Chicken	$\frac{1}{2}$ lb.
Duck	1 lb.
Goose	$\frac{2}{3}$ lb.
FISH.	
Whole	$\frac{3}{4}$ lb.
Gutted	$\frac{1}{2}$ lb.
Filleted	$\frac{1}{3}$ lb.

Group 3. VEGETABLE AND FRUIT.

This group supplies most of the Vitamin C and much of the vitamin A as well as many other valuable nutrients. The citrus fruits are the best source of vitamin C but when scarce, tomatoes, fresh salads or potatoes may be substituted.

Servings should include at least three or four times weekly a selection from such vitamin A rich vegetables as carrots, spinach, broccoli, curly green, kale, mustard and cress, water-cress. Parsley and mint can also make a useful contribution.

The number of servings of citrus fruits, greens and green salads may be increased, if desired, without affecting calorie intake.

The following amounts of other vegetables and fruit also represent a medium serving :

Potato	—	1 large baked, or 4 oz. mashed.
Cabbage (cooked)	—	½ breakfast cup
Sprouts	—	½ breakfast cup.
Tomatoes	—	2 medium sized.
Soft Fruit	—	1 teacup (6 oz.)
Orange, Apple, Pear or Peach	—	1 medium sized.
Orange Juice	—	½ glass (4 oz.)
Tomato Juice	—	1 glass

A minimum of four medium servings daily would normally meet Vitamin C requirements.

Group 4. BREAD AND CEREALS.

This group makes a significant contribution to the calorie needs. The suggested minimum servings are adequate for the present day pattern of living but active youngsters and adults, nursing and mothers to be, may need larger or additional servings or extras.

The plan includes moderate amounts of butter, sugar and preserves.

Extras would include sweets, confectionery, wines and spirits, which should be avoided by anyone under weight control.

Examples of medium servings of the other main foods in this group, are:

Bread	—	one medium slice.
Breakfast Cereal	—	¾ to one breakfast cup.
Cooked Cereal (Porridge, Milk Pudding, Noodles)	—	½ breakfast cup.

Any milk used with cereal should be included in the milk group allowance. Milk improves the nutritive value of cereal protein.

TABLE OF RECOMMENDED DAILY SERVINGS

Food Group	Example of a single "Serving"		Minimum daily number of servings.					
			Toddler 3 years old	Teenage Daughter	Teenage Son	Father	Adult Woman	Mother to be
1. Milk and Dairy Products	Milk liquid	S. Teacup 6 oz. M. Glass 8 oz. L. Half pint	4S	4M to L	4M to L	2M to L	2M	4M to L
2. Meat Fish Poultry Eggs	Cooked Lean Meat	S. 2 oz. M. 3 oz. L. 4 oz.	2S	2M to L	2M to L	2M to L	2M	2M
3. Vegetables and Fruit	Raw or cooked greens	S. $\frac{1}{4}$ breakfast cup M. $\frac{1}{2}$,, ,, L. $\frac{3}{4}$,, ,,	4S	4M	4M	4M	4M	4M
4. Bread and Cereals	Superfine Crispbread	4 Pieces	4	4 to 5	4 to 7	4 to 7	4 to 5	4 to 5
NOMINAL CALORIE NEEDS			see note below	2450	2800	2500	1625	2050
NORMAL DAILY PROTEIN REQUIREMENTS			40 gm.	75 gm.	100 gm.	70 gm.	58 gm.	78 gm.

S=Small. M=Medium. L=Large. NOTE. Servings for guidance only. Calorie Control does not apply to Toddlers.

FOOD FOR ALL OCCASIONS.

Using the number of servings as a guide, you can introduce variety into the pattern of the family fare.

Servings can be divided between the three main daily meals and the number, at any meal, may be reduced to provide between-meal snacks. Often main meals may be conveniently replaced by snacks, especially where meal times vary for individual members of the family.

Snack meals are becoming more popular now that people have more leisure time, e.g. out-door picnics, indoors round T.V. and on such occasions the snack meal is the ideal way of family feeding.

Frequent small meals taken as snacks are also very good for the weight-conscious since they satisfy the appetite without providing too many calories as is often the case when hunger leads to over-indulgence at a main meal.

Some types of snack meal, and especially the lunch time sandwiches and coffee, may, however, include too much bread to the detriment of other nutrients or supply too many calories to the "Weight Watcher," consequently PRIMULA Superfine Crispbread is ideal as a base for the snack meal.

In subsequent pages you will find suggestions for easily prepared snacks, nourishing and pleasing to the eye and palate — where Superfine Crispbread can be used in place of ordinary bread.

"Snacks encourage thrift" — the "left-overs" can all be used in many attractive and nutritious ways.

Snacks encourage variety and variety means balanced nutrition. They provide an exciting and welcome break from the routine three main meals.

Snacks are quick — nowadays there are so many attractive ready-prepared foods in convenient form — packet cheese varieties, brisling, roes, shrimps, luncheon meats, paté and cocktail packs for garnishes.

Snacks delight all ages and suit all occasions — from exciting "finger foods" for the toddler to the focus of the supper party. Our suggestions cover these as well as:

Outdoor Picnics
Meals round the fireside and T.V.
Cocktail Parties.
Bachelor entertaining.
"Do it yourself" Teenage spreads.

PRIMULA SUPERFINE CRISPBREAD.

Bread, the "staff of life" and other cereals provide much of the calories for energy. Nevertheless too much from the Bread Group may overload the reserves with unwanted fuel — especially if taken as bread and butter.

Bread is such a popular vehicle for so many good things and adds so much savour to so many meals that is hard to cut it down. However, Primula Superfine Crispbread provides the answer to the problem and it is an excellent food in itself.

Moreover, Crispbread is pleasant to eat even without butter. It is also much more satisfying than ordinary bread since it swells to several times its original bulk after eating. To be properly relished, Crispbread tends to be eaten more slowly than ordinary bread and this too helps to satisfy the appetite, — "filling without fattening."

Superfine Crispbread is made of whole rye to a special Norwegian formula — famous throughout Scandinavia and far beyond. The particular merit of Superfine Crispbread, produced by the use of very finely ground rye, is in the wafer thin oven-baked slices. The natural goodness is thus retained adding subtlety to the flavour, whilst ensuring that it is suitable for the most tender digestive system.

The fibre (roughage) in Superfine Crispbread is finely divided and this helps to maintain a natural healthy system through its gentle laxative effect.

The content of whole rye protein in Primula Superfine Crispbread is about 10%, and this, in fact, is a little higher than the protein level in the total food intake from all sources. Consequently, the ratio of protein to carbohydrate is favourable to the weight-conscious person. In addition, the protein of rye is superior to that of wheat, and Primula Superfine Crispbread is so hygienically and scientifically manufactured that the maximum nutritive value of the whole rye is conserved.

PRIMULA FOODS

	Pack	No. of servings per pack	Protein %	Fat %	Carbo-hydrate %	Calories per oz.
Group 1. MILK AND DAIRY PRODUCTS.						
Cheese Spread	2½ oz.	2	17.0	21.8	3.0	80
with Crab	2½ oz.	2	18.2	20.0	2.2	76
with Shrimp	2½ oz.	2	17.7	18.7	3.5	74
Celery-flavoured	2½ oz.	2	15.2	21.1	1.8	76
with Ham	2½ oz.	2	17.6	21.8	1.2	79
Group 2. MEAT AND FISH.						
Liver Paté	3½ oz.	2/3	11.8	32.3	2.8	102
Pure Pork	10½ oz.	3	16.4	22.2	0.3	78
Vintage Brisling in oil	3¾ oz.	1	18.4	38.3	Nil	122
Vintage Brisling in Tomato Sauce	3¾ oz.	1	16.6	9.4	2.7	47
Peeled Shrimps	2½ oz.	1	21.9	1.5	Nil	29
Dressed Crab	1½ oz.	½	16.0	6.7	5.3	42
Group 4. BREAD AND CEREALS.						
PRIMULA SUPERFINE CRISPBREAD	6 oz.	10	10.1 Also 1.4% Fibre	1.8	80.1	111

"CALORIE CONTROL" SNACK RECIPES.

1. Flavoured Cheese.

A great variety of cheese sandwiches may be easily prepared by using different types of cheese to which a little celery salt or garlic salt has been added. Cheeses such as Norwegian Blue, Stilton, Roquefort, may be grated and mixed with a little butter or Primula Cheese Spread in order to make a paste.

2. Cheese Spread and Apple.

Chop finely, half a raw apple and fold into one oz. of Primula Cheese Spread or Cheese Spread with Celery. Spread liberally on Primula Superfine Crispbread. Make into a closed sandwich with a second Crispbread if desired.

3. Cheese and Apple with Sultanas.

Grate 1 oz. of cheese. Take an apple of average size (i.e. 5 to a pound), chop it fine and mix with the cheese using a little butter to bind. Sprinkle some dried currants into the mixture. Spread thickly between two pieces of Primula Superfine Crispbread.

4. Cheese and Radish.

Use Norbo or Edam cheese or any other cheese which can be sliced thinly or alternatively one of the Primula Cheese Spreads. Place or spread the cheese on Primula Superfine Crispbread and cover with thin circles of radish which has previously been soaked in water to make it crisp.

5. Campers Choice.

Grate some Cheddar or other cheese of choice and blend into a firm paste with Primula Cheese Spread. Add chopped chives, chopped seeded tomatoes, chopped green or red pepper, or chopped cold meat and season to taste. Spread thickly on Primula Superfine Crispbread.

6. Cheeseburger.

Cover a piece of Primula Superfine Crispbread with Primula Cheese Spread, or a slice of Norbo, Edam or Cheddar and just melt under the grill. Whilst hot, place on the cheese a freshly cooked hamburger.

7. Cheese and Walnut.

Chop finely some walnuts and make into a stiff paste with Primula Cheese Spread. Spread thickly on Superfine Crispbread. A little black pepper may be added if desired. Pickled walnuts may be used as an alternative. These should be allowed to drain before chopping and working into the cheese.

8. Cheese and Chestnut

Boil, peel and crush some chestnuts. Mix with about as much grated Cheddar or crumbled Cheshire. Work into a paste with a few drops of mayonnaise. Spread thickly on Superfine Crispbread. Cover with a second Crispbread if desired. Chestnut puree or peanut butter may be substituted for the chestnuts.

9. Ham Bites.

Place thin slices of ham on Superfine Crispbread and spread with Primula Cheese Spread, either plain or Celery-flavoured, or peanut butter. Season and garnish with grated onion or shreds of horseradish.

10. Cress.

Spread Superfine Crispbread thickly with Primula Cheese Spread or Cheese Spread with Ham, Crab, Shrimp or Celery-flavoured. Top with chopped cress, and if desired cover with a second Crispbread spread with one of the cheese varieties. Alternatively spread with Primula Dressed Crab, Liver Paté, or Brisling and top with the chopped cress.

11. Ham and Cheese Snack.

Spread Superfine Crispbread with Primula Cheese Spread. Top with slices of apple then slices of boiled ham, (or place apple on top if served immediately). As an alternative to boiled ham, use sliced tongue, luncheon meat, galantine, salami; some sliced apple may be inserted.

12. Seaside Relish.

Take a can of Primula Brisling in Tomato and beat the fish with a fork. Add a little lemon juice and some finely chopped spring onion. Place between Primula Superfine Crispbread. Serve at once.

13. Shrimp and Anchovy.

Into a packet of Primula Cheese Spread with Shrimp, work a small quantity of either anchovy sauce or soy sauce, add a few drops of lemon juice and pepper to taste. Spread on thinly buttered Superfine Crispbread and cover.

14. Brisling and Olive.

Place some Primula Brisling on a buttered Superfine Crispbread with a springer of tomato. This is prepared by taking a slice of firm tomato and cutting it to the centre, and the brisling is inserted midway and the cut halves splayed so as to support the brisling on "legs". As an alternative to tomato, a slice of lemon may be used. Decorate with a spiral of olive.

15. Brisling and Tomato.

Place firm slices of tomato each slice overlapping the other on a buttered Superfine Crispbread. On these place some brisling and garnish with a lemon springer or a spiral of olive.

16. Shrimp Mayonnaise.

Take some mayonnaise and flavour it with some of the liquid from a can of Primula Peeled Shrimps. Mix in two-thirds of the shrimps. If desired some cold boiled cod or similar fish may replace some of the shrimps. Spread the mixture on a buttered Superfine Crispbread and garnish with some of the remaining shrimps and with a tuft of cress or a snippet of tomato.

17. Crab with Asparagus in Mayonnaise.

Mix some Dressed Crab with asparagus tips in a little mayonnaise and spread a generous portion on Superfine Crispbread. Garnish with Primula Peeled Shrimps and a lemon or cucumber springer.

18. Crab with Lettuce, Hard Boiled Egg and Mayonnaise.

Mix some Dressed Crab with a little mayonnaise keeping the mixture stiff, and add slices of hard boiled egg. Place some coarsely shredded lettuce on a buttered Superfine Crispbread and add a portion of the crab mayonnaise. Garnish with more shredded lettuce and a lemon or cucumber springer.

19. Hors D'œuvre.

Crush some Primula Brislings in Oil and season with a little cayenne pepper. Chop some hard boiled egg and mix into a stiff paste with a little mayonnaise. Chop a mixture of nuts, gherkins and stoned olives. Lay in alternate strips on a lightly buttered Superfine Crispbread. Serve at once.

20. Herring Roe.

Mash with a fork some Primula Herring Roe and add, if desired, a little Worcester sauce. Add salt and pepper to taste. Spread thickly on Superfine Crispbread which may be buttered lightly if desired. Cover with a second Crispbread.

21. Egg Savoury.

Mash into a paste equal parts of hard boiled egg and Primula Brislings. A little pepper and celery salt may be added to taste. Spread thickly on Superfine Crispbread.

22. Bacon, Shrimps, Cucumber and Tomato.

Place pieces of chicken, preferably breast, on buttered Superfine Crispbread and across these place narrow, thin slices of crisp streaky bacon. Top the bacon with slices of cucumber and tomato. Sprinkle with some Primula Peeled Shrimps and top with a lemon springer.

23. Liver Paté with Beetroot.

Place some slices of Primula Liver Paté on Superfine Crispbread spread thinly with spiced lard if desired. Garnish with a piece of beetroot and some slices of gherkin, or cucumber and/or sliced tomato.

24. Liver Paté with Anchovies and Horseradish.

Spread some Primula Liver Paté on Superfine Crispbread and garnish with anchovy fillets. Sprinkle on a little horseradish or add a thin smear of horseradish sauce.

25. Liver Paté and Ham.

Spread some Primula Liver Paté on Superfine Crispbread, cover with a slice of boiled ham or tongue. Garnish with Piccalilli, sliced gherkin or tomato.

26. Liver Paté with Bacon and Mushrooms.

Place some slices of Primula Liver Paté on Superfine Crispbread, spread thinly with spiced lard if desired. Lay on this a thin slice of crisp streaky bacon. On each side of the bacon place mushroom slices which have been preferably fried in bacon fat. Garnish with a snippet of tomato or beetroot slices.

27. Cod with Tomato Mayonnaise.

Use remnants of cold boiled cod or any other white fish and mix them with mayonnaise flavoured with tomato ketchup and if desired a little grated onion. Place this mixture on buttered Superfine Crispbread and garnish with chopped parsley or cress.

28. Cod with Curry Sauce.

Take remnants of cold boiled cod or any other white fish and mix them with mayonnaise to which a little curry powder has been added. Place some of the mixture on buttered Superfine Crispbread and garnish with a slice of hard boiled egg or chopped hard boiled egg with a little cress and/or snippets of tomato.

29. Mussels in Mayonnaise.

Take some canned mussels, trim if necessary, and mix into mayonnaise to which a very little curry powder may be added. Place on buttered Superfine Crispbread. Garnish with chopped parsley, parsley spriglets, or snippets of tomato.

30. Boiled Chicken with Mayonnaise, with Asparagus or Tomato.

Place slices of chicken on buttered Superfine Crispbread and over these place asparagus tips or pieces of tomato. Pipe on some thick mayonnaise, and sprinkle on a few shavings of horseradish if desired.

31. Mackerel Salad.

Mash some canned mackerel in tomato with a little mayonnaise and spread liberally on thinly buttered Superfine Crispbread. Garnish with small tufts of cress or spriglets of chopped parsley. As an alternative to mackerel, canned tuna fish may be used.

32. Pickled Herring with Onion and Capers.

Place small pieces of pickled herring on Superfine Crispbread buttered if desired. Garnish with raw onion and capers.

33. Hard Boiled Egg and Anchovy.

Place anchovy fillets in parallel rows on a Superfine Crispbread, fill in between the rows with chopped hard boiled egg and garnish with capers.
Alternatively lay slices of hard boiled egg on a Superfine Crispbread, each slice half covering the next, garnish down the centre with thin overlapping slices of firm tomato and lay alongside two anchovy fillets.

34. Savoury Spread.

Mix three oz. of chopped corned beef, ham, tongue, chicken or pork with one cut up skinned tomato, some chopped onion and 1 oz. of melted butter, or a little Primula Cheese Spread. Work in one teaspoonful of tomato paste and add salt and pepper to taste. Spread liberally on Superfine Crispbread.

35. Spread Bayonnaise.

Take 4 tablespoons of diced boiled ham, 1 tablespoon of tomato sauce or 2 teaspoons of ketchup and fold in the ham. Spread on buttered Superfine Crispbread and lay a thin slice of Norbo or Edam cheese on top. Grill lightly until the cheese melts.

36. Sausage and Nutty Cabbage.

Shred the crisp heart of a cabbage add some finely chopped walnuts and fold in mayonnaise. Place overlapping pieces of cold sausage sliced lengthwise on a Superfine Crispbread and top with the nutty cabbage.

37. Salami Julienne.

Remove the skin from finely sliced salami. Cut in narrow Julienne strips. Mix with a little finely chopped onion, shredded lettuce and sliced gherkin, blend lightly with mayonnaise, spread liberally on Superfine Crispbread.

38. Roast Veal and Cucumber salad.

Place fragments of slices of roast, or jellied veal, on buttered Superfine Crispbread. Garnish with a little thyme and parsley stuffing. Complete with slices of fresh cucumber or cucumber salad.

39. Pork Sausage with Beetroot or Horseradish.

Slice cold pork sausages lengthwise with a sharp knife. Place the sliced sausage on buttered Superfine Crispbread and garnish with pieces of beetroot or a beetroot springer and/or shavings of horseradish or a dab of horseradish sauce.

40. Roast Pork with Tomato and Gherkin.

Cover a Superfine Crispbread with slices of cold roast pork. Top this with overlapping slices of tomato and some strips of gherkins.

41. Beefburger.

Place a beefburger on a buttered Superfine Crispbread and garnish with crisp onions and a slice or snippet of beetroot.

42. Mushroom and Bacon.

Wash and chop some mushrooms and add to a minced rasher of bacon and fry for a few moments in a little butter. Beat up an egg and pour into the mixture stirring well. Season with pepper and salt and fry until the egg thickens. Serve at once on slices of Superfine Crispbread.

43. Cold Chicken and Cucumber and Yoghourt.

Take a carton of yoghourt, add a crushed clove of garlic or a tablespoon of chopped chives and one tablespoon of distilled vinegar. Remove peel from cucumber, cut into cubes and fold into yoghourt mixture. Place strips of cold chicken on a Superfine Crispbread and top with the cucumber in yoghourt.

44. Roast Chicken with Bacon and Mushrooms.

Cover Superfine Crispbread, which may be lightly buttered, with strips of roast chicken. Across these lay a piece of crisp-fried bacon and some button mushrooms or sliced mushrooms which have been fried in bacon fat.

45. Minced Chicken.

Put three tablespoons of minced cold chicken and one tablespoon of margarine or butter into a saucepan. Add salt, pepper and cayenne to taste. Break in one egg and stir until thick. When cold spread thickly on Superfine Crispbread.

46. Date and Orange Slices.

Prepare the following topping from 8 oz. stoned dates, 2 oz. butter or margarine, 5 tablespoons orange squash, one dessertspoon lemon juice or squash. Chop dates finely, or mince. Place with other ingredients in saucepan and stir over moderate heat with a wooden spoon, mashing well until thick and smooth. Simmer very gently for 2-3 minutes longer, stirring. Remove, place in bowl and cool. Spread over Superfine Crispbread. Mark with a fork, or the point of knife. Decorate centre with nuts and halved glace cherries. Alternatively Crispbread sandwiches may be prepared by placing a second Crispbread on the topping.

47. Tomato with Fried Onions.

Cut a fresh firm tomato into slices and place on a buttered Superfine Crispbread. Cover thinly with fried onions.

48. Tomato and Onion.

Arrange overlapping slices of tomato on buttered Superfine Crispbread. Upon these place a few thin rings of raw onion or a strip of chopped onion. Garnish if desired with a little chopped parsley or a few capers.

NOTE.

When using Superfine Crispbread with any of the snack recipes—before applying the prepared mixture, a very light spreading of butter on the Crispbread will keep it crisp for an hour or more.

We hope you have found this guide to be informative and helpful. Your interest in this subject of meals planning may, however, be more searching. If so, why not write to us for the 7-day menus that have been specially arranged to give the correct nutritional values to the average family meals.

KAVLI LTD.
KINGSWAY, TEAM VALLEY TRADING ESTATE, CO. DURHAM.